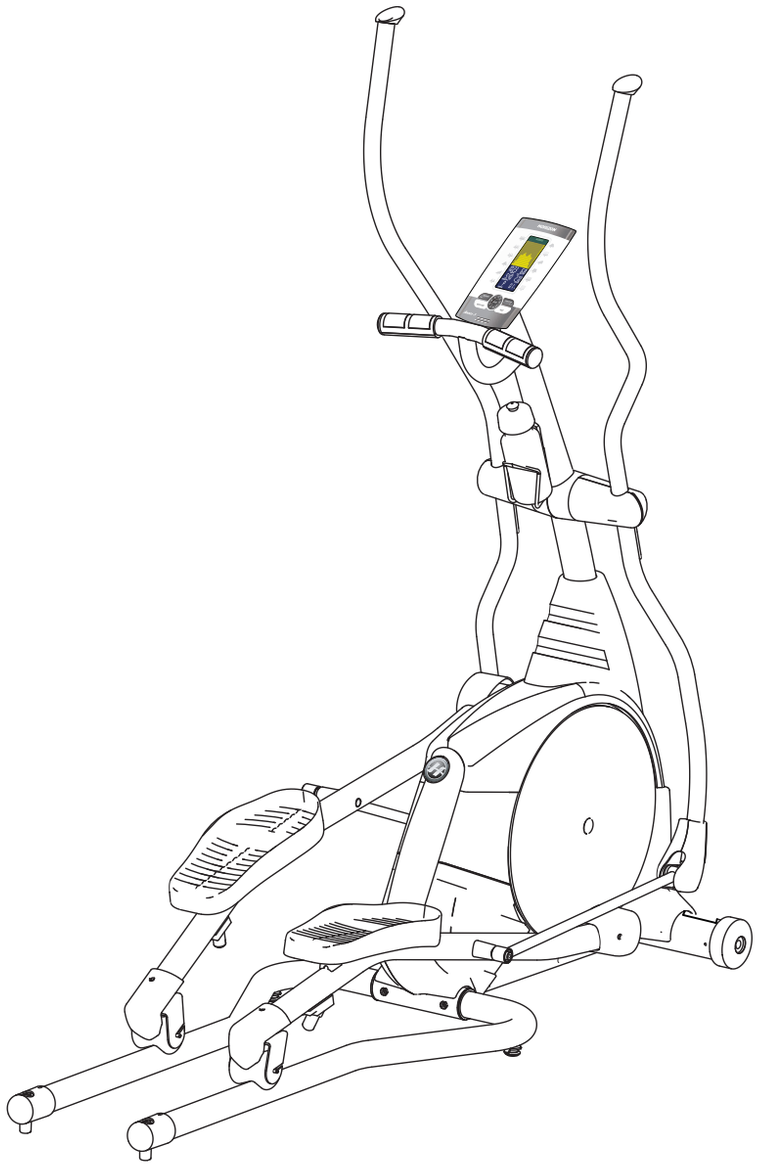


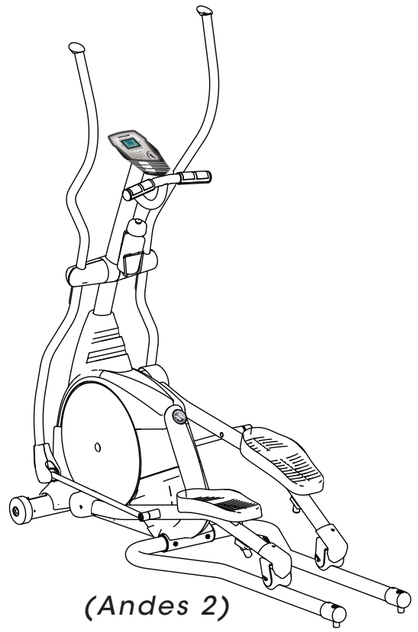
FOR MODEL :

Andes 2

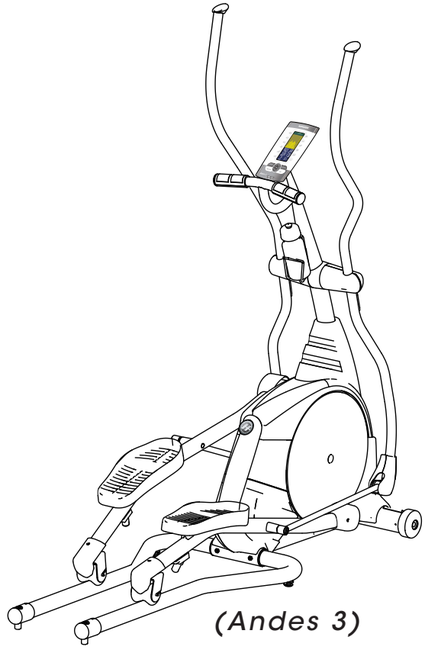
Andes 3

HORIZON FITNESS

ELLIPTICAL USER'S GUIDE



(Andes 2)



(Andes 3)

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Horizon Fitness elliptical!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an Horizon Fitness elliptical-can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-brake warranty packages in the industry.You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Horizon Fitness delivers.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this elliptical. When using an electrical product, basic precautions should always be followed. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

WARNING *To reduce the risk of burns, fire, electrical shock or injury to persons:*

- *If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.*
- *Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.*
- *To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.*
- *Do not wear clothes that might catch on any part of the elliptical.*
- *Do not turn pedal arms by hand.*
- *Make sure handlebars are secure before each use.*
- *Do not insert or drop any object into any opening.*
- *Unplug elliptical before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)*
- *This elliptical should not be used by persons weighing more than 250 pounds. Failure to comply will void the warranty.*
- *This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.*
- *Do not use elliptical in any location that is not temperature controlled such as but not limited to: garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.*
- *Use the elliptical only as described in this manual.*
- *Keep the topside of the foot support clean and dry*
- *Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.*
- *Disconnect all power before servicing the equipment.*

At NO time should pets or children under the age of 12 be closer to the elliptical than 10 feet.
At NO time should children under the age of 12 use the elliptical.
Children over the age of 12 should not use the elliptical without adult supervision.

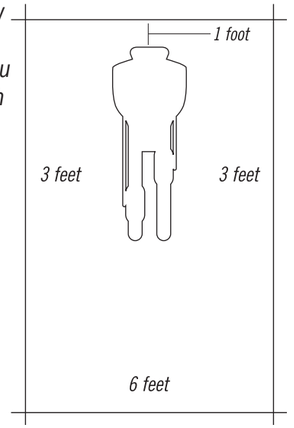
It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

BEFORE YOU BEGIN

CONGRATULATIONS on choosing your elliptical. You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:
- *Weight Loss*
- *A Healthier Heart*
- *Improved Muscle Tone*
- *Increased Daily Energy Levels*

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.



LOCATION OF THE ELLIPTICAL
Place the elliptical on a level surface. There should be 6 feet of clearance behind the elliptical, 3 feet on each side and one foot in front for the power cord (See diagram to the right). Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.

FOLDING YOUR ELLIPTICAL TRAINER

Note: It is important to always follow the correct order of steps when folding your elliptical trainer.

STEP 1:The first step is to position the elliptical pedal arms in the proper position. The pedal armscan be positioned in two different positions for convenience. The first position is to rotate the leftpedal arm so that it is in the backmost position (the left pedal arm wheel should be positioned at therear of the elliptical trainer). The second position would be to rotate the right pedal arm in the back-most position.

STEP 2: Carefully raise both the pedal arm (in the backmost position) and guide rail simultaneously.

STEP 3:Press and hold the lock latch button located underneath the guide rail end cap.Align thelock latch with the lock latch receiver located underneath the pedal arm.Insert the lock latch receiv-er into the lock latch.Release the lock latch button once the lock latch is secure.

STEP 4: Repeat process for alternate side.

UNFOLDING YOUR ELLIPTICAL TRAINER

Note: It is important to always follow the correct order of steps when unfolding your elliptical trainer.

STEP 1:Firmly grasp both the left pedal arm and guide rail. Press and release the lock latch receiv-er from the lock latch. Carefully lower the pedal arm and guide rail, standing to the side to avoidany accidental release of the alternate pedal arm and guide rail.

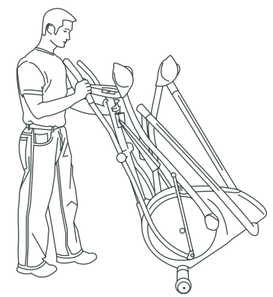
STEP 2: Repeat process for alternate side.

ELLIPTICAL OPERATION

POWER

Your programmable elliptical is powered by a power supply. The power cord must be plugged into the power jack, which is located in the front of the machine near the STABILIZER TUBE.

Do not operate the elliptical if the power cord or plug is damaged.
If the elliptical appears not to be working properly, do not use the elliptical.



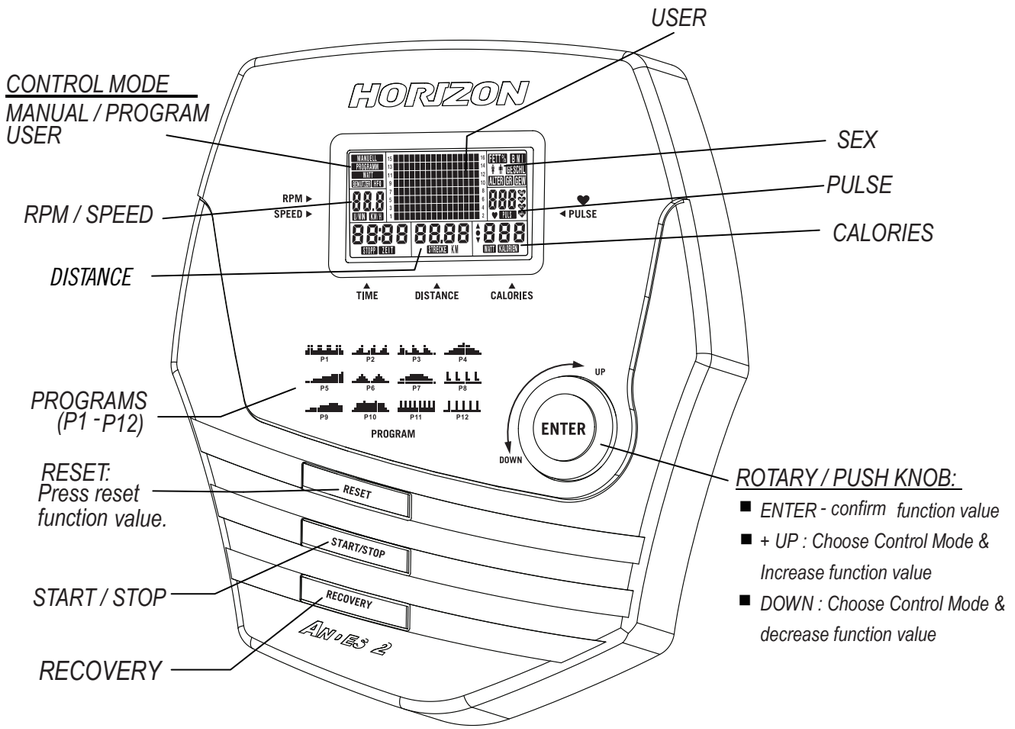
MOVING

Your elliptical trainer has a pair of transport wheels built into the front of the frame. With the Elliptical in the folded position and bracing one foot against the front foot tube, carefully pull back on the console mast and roll the elliptical to the desired position.

Our ellipticals are well built and heavy, weighing up to 200 lbs! Use care when moving and get additional help if necessary.

ANDES 2 CONSOLE

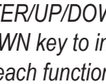
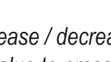
A. KEY FUNCTION



ROTARY / PUSH KNOB:

- ENTER - confirm function value
- \+ UP : Choose Control Mode & Increase function value
- DOWN : Choose Control Mode & decrease function value

B. DISPLAY DESCRIPTION

ITEM	DISPLAY SCOPE	SET SCOPE	MEMORY	RESET	SIMPLE ILLUMINATION
MANUAL		1~16 LEVEL (±1LEVEL)	Y	N	Set up Resistance-Load from Level 1-16
PROGRAM	P1~P12	1~12	Y	N	1. P1～P12，12 fixed diagram. 2. Every time you choose one PROGRAM, correspondent diagram will display on the centerof dot matrix. 3.Diagram choice by turning UP、DOWN-Knob，and ENTER for confirmation. 4.After selecting program, blinking diagram will show in dot matrix, turning UP/DOWN-KNOB for adjusting LEVEL and ENTER -KEY for TIMEsetting，TIME symbol blinks.
USER (PROGRAM)	U1~U4		Y	N	1.USER can set PROGRAM diagram by himself 2. Press ENTER KEY for line setting and UP、DOWN Knob for adjusting LOAD level. 3.One saved value each.
TIME	0:00~99:59 MINU SEC MINU SEC	0:00~99:00 ±1 MINU CIRCUIT	Y	Y	1. Count UP TIME value when start exercise, no seating. 2.If setting, when count down to 0,system will STOP TIME value blinks
SPEED	0.0~99.9 km/h	N	N	N	Display actually workout speed.
RPM	0~15~99	N	N	N	Display actually workout RPM.
DISTANCE	0.00~99.99 KM(ML)	0.00~99.9 0 ±0.1 CIRCUIT	Y	Y	1. Count UP DISTANCE value when start exercise, no seating. 2.If setting, when count down to 0,system will STOP .
CALORIES	0~999 CAL	0~990 ±10 in circ uit	Y	Y	1. Count UP CALORIES value when start exercise, no setting 2.If setting, when count down to 0,system will STOP .
GENDER			Y	N	Under setting GENDER, please choose GIRL or BOY
AGE	10 -25 -99	±1	Y	N	Under setting "AGE", initial value is 25.
HEIGHT	100 -160 -200 (CM) 40 - 60 - 80 (INCH)	±1	Y	N	Under setting Height"H.T", initial value160CM(60INCH)
WEIGHT	20-50-150 (KG) 40-100-350 (LB)	±1	Y	N	Under setting Weight: "W.T", initial value. 50KG(100LB)
HEART SYMBOL	ON/OFF blink	N	N	N	1. Display with blink as per Heart Rate Hi / Fast & Low slow. 2. No Heart-Rate detected SYMBOL will be gone.

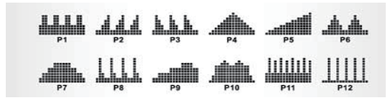
C.HOW TO START

1. POWER ON
   Make sure plug in right power adaptor (6V / 500mA), and regarding with different country system pin, and then powering on: BI with long tone for 1 second together with LCD full display for 2 seconds.
2. PRE-SET USER/ AGENDA / AGE / HEIGHT / WEIGHT
   User inputting his/her real user data (sex / age/ height / weight) into computer to stove it to be used in calculated reference.
3. SELECT MANUAL/PROGRAMS/ USER
   User can choose different control mode to start his work out. See below is main description of each control mode.
4. EXECUTE MANUAL / PROGRAMS/ USER
   Execute selected control mode.
5. PRE-SET TIME / DISTANCE / CALORIES / HEART RATE
   Setting and inputting user wanted function value of above, the function value of display will count down to zero; or user can not inputting these, just forget setting value, computer will know your workout is from 0 to end value.
6. PRESS ENTER/UP/DOWN
   Use UP / DOWN key to increase / decrease function value.
   After setting each function value to press “ENTER” to confirm your setting
7. TEST RECOVERY
   Press RECOVERY , the computer will calculate your recovery value on display regarding with your user data and actual workout function value.

D. CONTROL MODE DESCRIPTION

MANUAL Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press START/STOP to START manual program.

PROGRAM 12 automatic adjusting programs with control exercise (P1~P12), Resistance level can be adjusted during PROGRAM DIAGRAM is flashing.



PERSONAL Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be memorized.

RECOVERY:

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~19
F6	Very Poor	Under 10

NOTE: When measure user's RECOVERY state , no other function can be workable.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Get the result from F1 - F6.

E. OPERATION

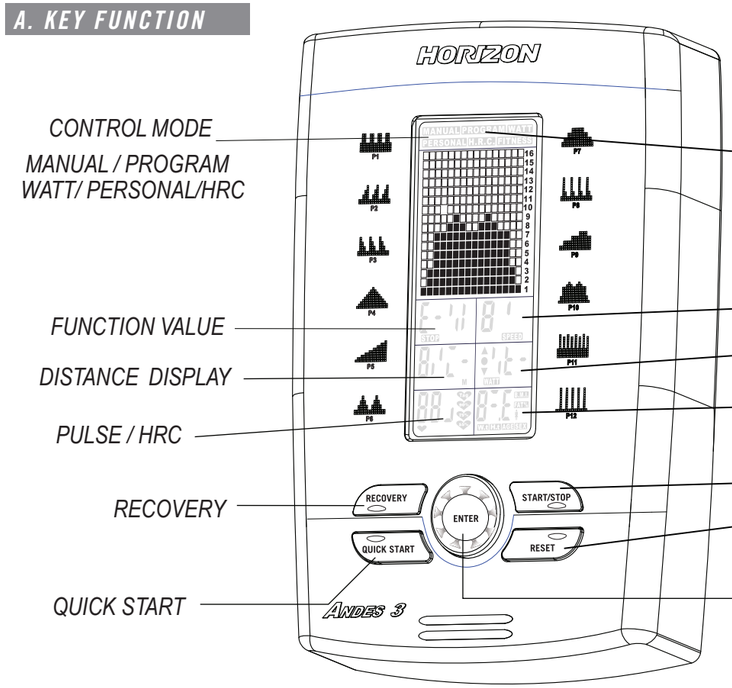
1 · After power-on U1 by default but you can select any User ENTER by turning the UP/DOWN key the press the ENTER key for confirmation. Input user data, sex, age, height, weight on top –right window. Then press ENTER key for confirmation.
2. Function Control display will flash indicating you can select the Programs P1-P12 by turning UP/DOWN key and then press ENTER key for confirmation. Any of the default values can be changed by pushing the ENTER key until the desired program profile is flashing. Press the ENTER key again for confirmation.
3. When the Program and other protocols are entered press START/STOP key and begin your workout.

F. TIPS

1. Option: Plug in AC Adaptor (6 VOLT, 500mA).
2. Keep moisture away from computer.

ANDES 3 CONSOLE

A. KEY FUNCTION



- ENTER - confirm function value
- + UP : Choose Control Mode & Increase function value
- DOWN : Choose Control Mode & decrease function value

B.DISPLAY DESCRIPTION

ITEM	DISPLAY SCOPE	SET SCOPE	MEMORY	RESET	SIMPLE ILLUMINATION
MANUAL		1~16 LEVEL (±1LEVEL)	Y	N	Set up Resistance-Load from Level 1-16
PROGRAM	P1~P12	1~12	Y	N	1. P1～P12，12 fixed diagram. 2. Every time you choose one PROGRAM, correspondent diagram will display on the centerof dot matrix. 3.Diagram choice by turning UP、DOWN-Knob，and ENTER for confirmation. 4.After selecting program, blinking diagram will show in dot matrix, turning UP/DOWN-KNOB for adjusting LEVEL and ENTER-KEY for TIME setting，TIME symbol blinks.
PERSONAL	U1~U4		Y	N	1.USER can set PROGRAM diagram by himself 2.Press ENTER KEY for line setting and UP、DOWN Knob for adjusting LOAD value. **3.** One saved value each.

Watt Constant	10~350	10~350 ±5 circuit	Y	N	1. fixed value: 100. 2. Turn UP/DOWN for adjusting WATT value when exercise.
H.R.C.	55%、75%90%、IND(TARGET)	55%、75%、90%、IND(TARGET)	Y	N	1. choice your want H.R.: 55%、75%、90%、IND. 2.(55%、75%、90%、IND) symbol blink during setting, constant light after choosing and then step to time setting, TIME symbol blinks.
TIME	0:00~99:59 MINU SEC MINU SEC	0:00~99:00 ± 1 M I N U CIRCUIT	Y	Y	1. Count UP TIME value when start exercise, no seating. 2.If setting, when count down to 0,system will STOP TIME value blinks
SPEED	0.0~99.9 km/h	N	N	N	Display actually workout speed.
RPM	0~15~99	N	N	N	Display actually workout RPM.
WATT	0~999	N	N	Y	UNDER START: 1. Sensor input, display value in 3 seconds. 2. No sensor input, reset to 0 in 6 seconds.
DISTANCE	0.00~99.99 KM(ML)	0.00~99.90 ±0.1 CIRCUIT	Y	Y	1. Count UP DISTANCE value when start exercise, no seating. 2.If setting, when count down to 0,system will STOP .
CALORIES	0~999 CAL	0~990 ±10 in circuit	Y	Y	1. Count UP CALORIES value when start exercise, no setting. 2.If setting, when count down to 0,system will STOP .
AGE	10-25-99	±1	Y	N	Under setting "AGE" , initial value is 25.
GENDER			Y	N	Under setting GENDER, please choose GIRL or BOY.
HEIGHT	100-160-200 (CM) 40-60-80 (INCH)	±1	Y	N	Under setting Height "H.T" , initial value 160CM(60INCH).
WEIGHT	20-50-150 (KG) 40-100-350 (LB)	±1	Y	N	Under setting Weight: "W.T", initial value. 50KG(100LB)
HEART RATE	P，30~240	0⟶30~240	Y	Y	i.e. calculating forum D
HEART SYMBOL	ON/OFF blink	N	N	N	1. Display with blink as per Heart Rate Hi / Fast & Low slow. 2. No Heart-Rate detected SYMBOL will be gone.

C.HOW TO START

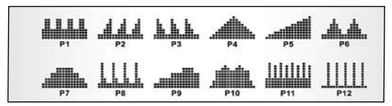
1. POWER ON
   Make sure plug in right power adaptor (6V / 1A), and regarding with different country system pin, and then powering on: BI with long tone for 1 second together with LCD full display for 2 seconds.
2. BUILT-IN Heart Rate Receiver with chest Belt
   The computer with built-in Heart Rate receiver , the user can put on chest belt to detect the Heart Rate beat.; How to put on chest belt, please refer Chest Belt user manual.

3. PRE-SET USER/ AGENDA / AGE / HEIGHT / WEIGHT
   User inputting his/her real user data (sex / age/ height / weight) into computer to stove it to be used in calculated reference.
4. SELECT MANUAL/PROGRAMS/ USER
   User can choose different control mode to start his work out. See below is main description of each control mode.
5. EXECUTE MANUAL / PROGRAMS/ USER
   Execute selected control mode.
6. PRE-SET TIME / DISTANCE / CALORIES / HEART RATE
   Setting and inputting user wanted function value of above, the function value of display will count down to zero;or user can not inputting these, just forget setting value, computer will know your workout is from 0 to end value.
7. PRESS ENTER/UP/DOWN
   Use UP / DOWN key to increase / decrease function value.
   After setting each function value to press “ENTER” to confirm your setting
8. TEST RECOVERY
   Press RECOVERY , the computer will calculate your recovery value on display regarding with your user data and actual workout function value.

D. CONTROL MODE DESCRIPTION

MANUAL Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press START/STOP to START manual program.

PROGRAM 12 automatic adjusting programs with control exercise (P1~P12), Resistance level can be adjusted during PROGRAM DIAGRAM is flashing.



WATTS CONSTANT
User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP/ DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS constant

PERSONAL Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be memorized.

H.R.C HEART RATE CONTROL- Select your own target Heart Rate of choose one of the preset programs 55%, 75%，or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

i. 55% -- DIET PROGRAM
ii. 75% -- HEALTH PROGRAM
iii. 90% -- SPORTS PROGRAM
iv. TARGET—USER SET TARGET HEART RATE

RECOVERY:

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rateinput. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

NOTE: When measure user's RECOVERY state , no other function can be workable.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Get the result from F1 - F6.

E. OPERATION

1． After power-on U1 by default but you can select any User ENTER by turning the UP/DOWN key the press the ENTER key for confirmation. Input user data, sex, age, height, weight on top –right window. Then press ENTER key for confirmation.
2． Function Control display will flash indicating you can select the Programs P1-P12 by turning UP/DOWN key and then press ENTER key for confirmation. Any of the default values can be changed by pushing the ENTER key until the desired program profile is flashing. Press the ENTER key again for confirmation.
3. When the Program and other protocols are entered press START/STOP key and begin your workout.

F. TIPS

1. Option: Plug in AC Adaptor (6 VOLT, 1A).
2. Keep moisture away from computer.

MONITORING YOUR HEART RATE

Feedback

Your Horizon Fitness elliptical trainer (Andes 3) offers two heart rate feedback options. You may choose to use the heart rate handlebars, or the chest transmitter for a hands free workout.Andes 2 just offers One heart rate feedback options.

Heart Rate Handlebar

Place the palm of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register. When griping the handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Try to maintain moderate pressure while holding onto the heart rate handlebars. It is recommended that you hold the handlebars only long enough the see your heart rate readout on the console. You may experience an erratic readout if consistently holding the handlebars.

Telemetric Chest Transmitter

Prior to wearing the chest transmitter on your chest, moisten the two rubber electrodeswith water. Center the chest strap just below the breast or pectoral muscles, directly overyour stermum, with the Horizon Fitness logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.(Andes 3 only)

If you have any problems with the heart rate function please refer to the troubleshooting section.

Warning!

The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

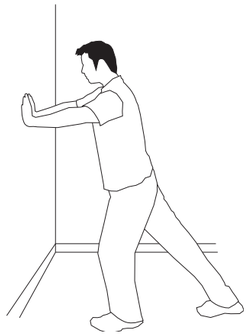
PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

TIPS STRETCHING

STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

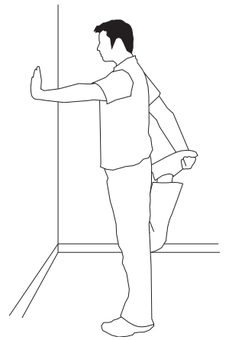


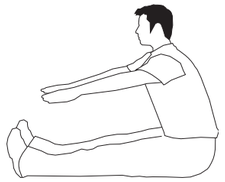
1. STANDING CALVE MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

2. STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.





3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

TIPS THE IMPORTANCE OF WARM UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- *Weight Loss - lower intensity, longer duration workouts*
- *Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities*
- *Increased Energy Level - more frequent daily workouts*
- *Improved Sports Performance - high intensity workouts*
- *Improved Cardiovascular Endurance - moderate intensity, longer duration workouts*

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories and Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages, or you can print them off of your computer by going to:As your fitness improves, you can look back and see how far you've come!

WEEKLY LOG SHEETS

WEEK #			WEEKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #			WEEKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #			WEEKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

TROUBLESHOOTING

Your Fitness Gear elliptical is designed to be reliable. However, if you do experience problems with your elliptical, please reference the troubleshooting guide listed below.

PROBLEM: *The console does not turn on.*

SOLUTION: *Verify the following:*

- *The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.*
- *The correct adapter is being used. Only use the adapter provided or authorized by Fitness Gear.*
- *The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.*
- *The power switch is turned to the ON position (may not apply to all models).*
- *Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.*

PROBLEM: *The console lights up but the Time/RPM's do not count.*

SOLUTION: *Verify the following:*

- *Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.*
- *If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.*

PROBLEM: *The resistance levels seem to be incorrect, seeming too hard or too easy.*

SOLUTION: *Verify the following:*

- *The correct adapter is being used. Only use the adapter provided or authorized by Fitness Gear.*
- *Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance*

PROBLEM: *The roller wheels appear to be leaving particles on the guide rails.*

SOLUTION: *This is considered normal wear of the elliptical wheels. To remove, simply wipe off the roller wheels and guide rails with a damp cloth.*

PROBLEM: *The elliptical makes a squeaking or chirping noise.*

SOLUTION: *Verify the following:*

- *The elliptical is on a level surface.*
- *Loosen all bolts attached during the assembly process, grease the threads, and tighten again.*

HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading.
SOLUTION: Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.
Check your exercise environment for sources of interference such as high power lines, large motors, etc.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

- *Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.*
- *Constant movement and vibration due to constantly holding the heart rate grips while exercising.*
- *When you are breathing heavily during a workout.*
- *When your hands are constricted by wearing a ring.*
- *When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.*
- *Anyone with heavy arrhythmia.*
- *Anyone with arteriosclerosis or peripheral circulation disorder.*
- *Anyone whose skin on the measuring palms is especially thick.*

NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic.
If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

The following information may be asked of you when you call. Please have these items readily available:

- *Model Name*
- *Serial Number*
- *Date of Purchase (receipt or credit card statement)*

In order for Customer Tech Support to service your elliptical they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- *How long has this problem been occurring?*
- *Does this problem occur with every use? With every user?*
- *If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?*
- *If you are having a resistance problem, what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?*
- *Has the machine been maintained per the maintenance schedule?*
- *Does the problem occur when using the handlebars? Without using the handlebars?*

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Fitness Gear elliptical running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ELLIPTICAL MAKES NORMAL?

Our ellipticals are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our ellipticals. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE ELLIPTICAL I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?

Your elliptical has a pair of transport wheels built into the front legs. It is easy to move your elliptical by rolling it on the front transport wheels. It is important that you place your elliptical in a comfortable and inviting room. Your elliptical is designed to use minimal floor space. Many people will place their ellipticals facing the TV or a picture window. If at all possible, avoid putting your elliptical in a unfinished basement. To make exercise a desirable daily activity for you, the elliptical should be in a comfortable setting.

CAN I PEDAL BACKWARDS ON MY ELLIPTICAL?

Your elliptical allows you to pedal both forward and backwards to exercise and strengthen a wider range of muscles.

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our ellipticals so lubrication is not needed. The most important maintenance steps are to tighten assembly bolts and wipe your perspiration off the trainer after each use.

HOW DO I CLEAN MY ELLIPTICAL?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your elliptical and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Fitness Gear recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

Turn off the elliptical by unplugging the power cord from the wall outlet

- *Wipe down the elliptical with a damp cloth. Never use solvents, as they can cause damage to the elliptical.*
- *Inspect the power cord. If the power cord is damaged, contact Fitness Gear.*
- *Make sure the power cord is not underneath the elliptical or in any other area where it can become pinched or cut.*

WARNING *To remove power from the elliptical, the power cord must be disconnected from the wall outlet.*

WEEKLY

Clean underneath the elliptical, following these steps:

- *Turn off the elliptical*
- *Move the elliptical to a remote location.*
- *Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.*
- *Return the elliptical to its previous position.*

EVERY MONTH

- *Inspect all assembly bolts and pedals on the machine for proper tightness.*
- *Clean any debris off of the pedal arm wheels and guide rails.*

EXCLUSIONS AND LIMITATIONS

Who IS covered:

• The original owner and is not transferable.

What IS covered:

• Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

• Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.

• Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Fitness Gear.

• Incidental or consequential damages. Fitness Gear is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the product.

• Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Fitness Gear for coverage.

• Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.

• Any attempt to repair this equipment creates a risk of injury. Fitness Gear is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Fitness Gear shall have no liability for any injury to the person or property arising from such repairs.

RESISTANCE POWER VALUE SHEET

The resistance power value offered by this machine was tested and recorded by the Torsion Testing Machine as following sheet.

watt / rpm / level	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140
L1	3.2	6.2	7.1	8	12.5	17	22	27	31	35	42.5	50	55	60	68	76	81.5	87	94.5	102	110	118	126	133	143	153
L2	4.2	7	9	11	17	23	30	36	42	47	56.5	66	73	80	91.5	103	112	120	129	138	148.5	159	171	182	193	203
L3	5.2	8.6	11.3	14	21.5	29	38	46	54	61	73	85	95.5	106	120	134	144	154	167	180	193	206	220	233	251	268
L4	6.1	10	14	18	26.5	35	45	55	65	75	89	103	116	129	147	164	177	189	205	220	234	248	265	282	302	322
L5	7.1	11.8	16.4	21	31	41	53	65	78	90	106	122	136	150	172	194	208	222	241	260	277.5	295	314	333	357	380
L6	8.1	13.5	19.3	25	36.5	48	62	75	90	104	122.5	141	157.5	174	200	225	242	258	281	303	323.5	344	365	385	412	439
L7	9	14.8	21.4	28	40.5	53	69	84	99	114	135	156	174	192	219	246	266	285	308	331	355	379	400	421	450	478
L8	10	16.7	24.4	32	46	60	78	95	114	132	155.5	179	199.5	220	251	281	303	325	351	377	404.5	432	456	480	510	540
L9	11	18.7	27.4	36	51.5	67	86	104	125	145	170	195	219	243	275	306	331	356	386	415	438	461	491	520	556	592
L10	12.1	20.4	30.2	40	57.5	75	96	116	139	161	187.5	214	241	268	302	336	364	391	423	454	483	512	541	569	605	641
L11	13.2	22.5	33.3	44	63	82	104	126	151	175	203.5	232	260.5	289	325	361	391	421	457	493	521.5	550	582	613	650	687
L12	13.6	23.1	34.2	45.3	64.2	83	106	129	154	178	206.5	235	264	293	329	365	398	430	464	497	529	561	592	623	659	695
L13	13.9	23.5	34.9	46.3	65.7	85	109	132	157	181	210	239	268.5	298	334	370	402	434	470	506	536.5	567	598	629	666	702
L14	14.2	23.9	35.5	47	66.5	86	110	134	159	184	213	242	271.5	301	338	374	406	438	474	510	541	572	603	634	670	706
L15	14.4	24.4	36.2	48	67.5	87	112	137	163	188	216.5	245	275.5	306	343	380	411	442	479	515	545.5	576	608	639	675	710
L16	14.6	24.8	36.9	49	68.5	88	114	139	165	191	220.5	250	280	310	346	382	415	447	482	517	548	579	612	644	679	714

D:
Entsorgungshinweis Horizon Fitness/Vision Fitness - Produkte sind receyclebar. Führen Sie das gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB:
Waste Disposal Horizon Fitness/Vision Fitness products are recyclable. At the end if its useful lifeplease dispose of this article correctly and safely (local refuse sites).

F:
Remarque relative à la gestion des dèchets Les produits Horizon Fitness/VisionFitness sont recyclables. A la fin sa durrèed'utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collectelocale).

NL:
VerwijderingsaanwijzingHorizon Fitness/Vision Fitness producten zijn recycleerbaar. Breng het apparaataan het einde van de gebruiksduur naar een vaekundig verzampel-bunt voorrecycling.

E:
Informaciones para la evacuaciònLos productos de Horizon Fitness/Vision Fitness son riciclables. Cuando se terminala vida ùtil de un aparato o una màquina, entrèguelos an una impresa local deeleiminaciòn de residuos para su reciclaje.

I:
Indicazione sullo smaltimentoI prodotti Horizon Fitness/Vision Fitness sono reciclabill. Quando l'apparecchionon servirà più, portatelo in un apposito punto di raccolta della Vostra città(Punti di raccolta comunall).

PL:
Wskazòwka dotyczàca usuwania odpadòw.Producty firmy Horizon Fitness/Vision Fitness podlegajà recyklingowi. Pod koniecokresu o'ywalnoÈcI pros'z oddac urzàdzenie do wlaÈciwego punkto usuwaniaodpadòw (lokalny punkt zbiorczy).

HORIZON
FITNESS